

Inventory of Existing Services provided to people aged 60 and older

Organziation Name	Name of Programs or Services	Description of Programs or Services	Organization Address	Organization Telephone Number	Organization Website
Advanced Nursing and Home Support	In Home Care	Tailored home care to personal needs including personal care (hygiene), advanced nursing care, disabled care, homemaking, transportation, and specialty cleaning	121 Congressional Lane, Suite 203 Rockville, MD 20852	240-283-4984	http://www.advancedhomesupport.com/
	Senior Care	Personal care, advanced nursing, Alzheimer's and dementia care, homemaking, transportation, specialty cleaning			
	Homemaking	Light housekeeping, dishwashing, laundry, dustying, pet care, telephone answering, meal preparation, nutrition			
	Companion Care	Medical support, personal care and homemaking services, transportation, specialty cleaning			
	Transportation	Transport seniors to entertaintment or errands			
	Nursing Care	Nursing services such as in-home care, companion care, medication management, assisted living			
	After Accident Care	In home care from registered nurses to help recover from accident			
	Advanced Nursing Care	Medication managmenet, ventilator management, wound care, surgery and medical recovery care, alzheimer's care, personal care, homemaking			
	Medication Management	In home care for scheduling, administering, and transportation relating to medication			
	Assisted Living	Advanced nursing care for skilled care, medication management, personal care, transportation, homemaking			
	Disabled Care	In home care services for disabled seniors			
	Post-Surgery Care	Assist seniors in recovering from surgery, including advanced nursing, medication management, transportation, homemaking			
	Respite Care	Provide short or long term breaks for primary caregiver			
Dementia and Alzheimer's Care		skilled nursing care			
Elder Clean Pros		Weekly visitation for home cleaning			

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Aging and Disability Resource Centers	Maryland Access Point	Maryland Access Point (MAP) is a one-stop-shop where you can work with certified Options Counselor to: learn about long term services, such as	(844)-627-5464 TTY 711	https://www.marylandaccesspoint.info/consumer/index.php	
Alzheimer's Association	Community Education Programs	Works with community partners, host location schedules a program, different topics and locations offered, can customize	401 North Washington Street Suite 100 Office 121,	(240)-428-1342	http://www.alz.org/
	Support Group Caregivers	Offers support for caregivers, meets regularly			
	Memory Café	Social club for people with early stage Alzheimer's			
	Care Consultations	Over phone talk with someone like a social worker to resolve issues			
	Help Line	National line anyone can call			
	MedicAlert plus Safe Return	Medical ID bracelet			
	Support Group	General support groups for both caregivers and those with dementia or alzheimer's			
	Education program	Cover variety of topics relating to memory loss and aging			
	Early Stage Resources	Provides information and resources to those recently diagnosed with memory loss			
Artful Aging	Group Art Therapy	draw, paint, sculpt, weave and more as group session	n/a	301-859-0440	www.artfulagingdc.com
	Individual art therapy	For elderly individuals who have an interest in art			
	Art discussion group	theme based presentations with participant commentary			
Arts For The Aging	Visual, musical, performing, literary, and intergenerational arts programs	Customized arts engagements led by trained artists and designed to minimize the effects of ranges of physical and cognitive challenges.	12320 Parklawn Drive Rockville, MD 20852	301.255.0103	http://www.aftaarts.org/
Aspire Counseling	Individual Counseling/ Brief Counseling Program	Individual assessment and short term counseling	16220 Frederick Road, Suite 502 Gaithersburg, MD 20877-4022	(301)-978-9750	http://we-aspire.org/
	Psychological Support Groups	n/a			

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	Family Workshops	Help resolve family conflicts			
	Information and Referral	n/a			
	Weekly Staff meeting	Meeting of Rockvile support services to address any at risk seniors			
Assisting Hands Homecare	Alzheimer's and Dementia Care	Assist in helping to maintain dignity and freedom by creating a positive environment	4853 Cordell Avenue Suite PH-10A Bethesda, MD 20814	301-363-2580	http://www.assistinghands.com/potomac/
	Personal Care	Bathing, Dressing, eating, personal mobility, in-continance assistance			
	Companion Services	assistance using telephone, medication reminders, meal preparation, laundry, light housework, shopping and errands, transportation			
	Companionship	Provide companions to help such as aid with reading, care for plants and pets, conversation, plan outings and activities			
	Coordination of care	Develop ongoing plan of care			
At Home Care Inc	At Home Care Inc Program	Personal Care and hygiene	15304 Spencerville Court, Burtonsville, MD 20866	301-879-2700	http://www.athomecareinc.com/index.htm
		Meal Preparation			
		Shopping			
		Light housekeeping and laundry			
		Activity and Appointment assistance			
		Companionship			
		Medication Reminders			
		Exercise assistance			
Buckley's for Seniors	Geriatric Care Management	Assist with case assessment, planning, coordination, and oversight of client	933 Bellview Rd, McLean, VA 22102	(703)-390-0525	http://www.buckleys4seniors.com/

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	Companion Services	Transportation, errands, social outings, home maintenance, bill pay, entertainment, tech support, shopping assistance, notary service			
CarePlus	Home Care	Place hourly and live in caregivers to provide personal care options	19390 Montgomery Village Ave Gaithersburg, Maryland 20886	301-740-8870	http://www.careplusinc.com/
	72-Hour Plus Discharge	Provide personal caregiver for first 3 days post surgery. Assist carrying out discharge instructions, medication reminders, transportation, grocery shopping, meal preparation, laundry and light housekeeping			
	There and Back Transportation	Drive to and from medical appointment, surgery, or procedure			
Chinese American Senior Services Assosciation	Senior English and Citizenship Classes	Citizenship classes for seniors	The Nonprofit Village 12320 Parklawn Drive Rockville, MD 20852	(301)-881-8228	www.cassa-md.org (English) www.cassaseniors.org (Chinese)
		Classes include: Citizenship, ESOL, and Computer			
	Health Education	Workshops on Mental Health, Nutritious Food, Healthy Habit, Heart Diseases, Diabetics, Medicine Safety, Aging Ailment, and Communications with Doctors.			
	Health Screening	Health Fairs for uninsured low-income seniors in Montgomery County in collaboration with Mobile Med., Chinese American Medical Society (CAMS), and Asian American Health Initiative (AAHI) Health screenings include: mental health, height, weight, blood pressure, hearing, vision, EKG, bone density, blood tests, urine tests, hepatitis B antigen, and cancer screening referral.			
	MobilMed/ CASSA Clinic	Clinic on weekly basis to uninsured low income seniors			
Chinese Culture and Community Service Center, Inc	Evergreen Club	Social club that meets to provide activities such as Mahjong, Tai Chi, etc. Also offers meals	9366 Gaither Road, Gaithersburg, MD 20877	(301)-820-7200	http://ccacc-dc.org/index_e.asp
	Adult Day Healthcare Center	Only available to people on Medicaid, provides adult day care services, such as meals, transportation, assistance with errands, and activities			

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City of Rockville Villages Advisory Committee	Villages	Provides volunteers, transportation to medical appointments, services, groceries and more. Volunteers may also help with simple tasks at home such as small repairs and cooking meals. Villages may organize book clubs, walking groups, knitting clubs, guest speaker events, group outings and so much more. Villages often partner and connect with other local organizations and develop programs together.	Montgomery County Health and Human Services Aging and Disability Services 401 Hungerford Drive, 4th floor Rockville, MD 20850	(240)-314-8800	http://www.montgomerycountymd.gov/HHS-Program/ADS/Villages/Villages.html##1village
ClancyWorks	Senior Dance Program	Include a performance or demonstration by the ClancyWorks Dance Company, as well as a series of regular classes, in senior centers, resident communities and other appropriate settings. Each movement session includes exercises to foster effective brain stimulation, body coordination and therapeutic benefits.	P.O. Box 3111, Silver Spring, MD 20918	(301) 717-9271	www.clancyworks.org
ComForCare	Home Care	Provides homecare service: Bathing and Toileting, Companionship, Family Respite, Grooming and Hygiene, Light Housekeeping, Meal Preparation, Medication Reminders, Safety Supervision, Transportation/Errands	5640 Nicholson Lane, Suite 216 Rockville, MD 20852	(301)-816-0222	http://comforcare.com/maryland/southern-montgomery-county
Comfort Home Care	In Home Care	Aide daily living including personal hygiene, cooking, cleaning, exercise, driving to appointments	121 Congressional Lane, Suite 201 Rockville, MD 20852	301-984-1401	http://choosecomforthome.com/
	Dementia and Alzheimer's care	Work with memory clients to assist daily living			
Comfort Keepers	In Home Care Services	In home services such as bathing, hygiene, mobility assistance, companionship, meal preparation, laundry and housekeeping, shopping and errands, medication reminders, etc	414 Hungerford Dr, Ste 448 Rockville, MD 20850	(301)-476-1391	http://rockville-841.comfortkeepers.com/
	Interactive Senior Caregiving	Personalized plan with activities including meal preparation, neighborhood walks, companionship, participating in local activities, etc			
	Respite Care	Provide support so primary caregiver can leave for a short time period			
	Dementia and Alzheimer's Disease Care	Care for seniors with dementia or Alzheimer's			

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	End of Life Care	Work with local hospice agency or medical provider to meet family's care needs			
	Transition Care	Care for seniors who have left hospital and are returning home			
	Personal Care	Maintaining personal hygiene, grooming, toileting, eating, generally more help than companionship in home care			
	Companion Care	Provide caregivers to help clean house, provide transportation, get to grocery store			
	Senior Medication Management Systems and Personal Emergency Response	SafetyChoice® by Comfort Keepers personal emergency response systems, medical management products, and home-monitoring devices offer affordable, reliable security and safety for seniors.			
MARC - Maryland Area Rail Commuter - Maryland Transit Administration (MTA)	n/a	Commuter rail system discount for seniors, 1/3 regular cost for Local Bus, Light Rail, Metro Subway, and Neighborhood Shuttle Bus, 1/2 for MARC	6 St. Paul Street Baltimore, MD 21202	(410)-767-3441	http://mta.maryland.gov/marc-train
Community Ministries of Rockville, Inc.	Home Care Program	Homemaker aides assist with home care and light housework	1010 Grandin Avenue, Suite A1, Rockville MD 20851	(301)-637-0171	http://www.cmrocks.org/services/elderly-ministries
	Safe and Habitable Home Project	Plumbing, electrical repairs, replacement of deteriorating structures, and inspection, repair and replacement of furnaces and appliances. Also help install safety devices such as railings and grab bars, hand held shower nozzles, and provide bathroom equipment.			
	Friendly Phone Caller Program	Volunteers call seniors on a weekly basis to make sure that they are satisfied with services, seniors receive friendly phone calls			
	Food Delivery	n/a			
County Cable Montgomery	Seniors Today: Resources for Vital Living	Austin Heyman leads this show's effort to share news and information of interest to senior residents of Montgomery County.	100 Maryland Ave Rockville, MD 20850	(240)-777-2925	http://montgomerycountymd.gov/ccm/seniorstoday.html

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Daughter for the Day Inc	Transportation Assistance	Volunteers take seniors to appointments, personal errands, etc	10903 Indian Head Highway Suite 504 Fort Washington, MD 20744	(301)-203-7050	http://www.daughterfortheday.org/
	Temporary Crisis Assistance	Provides rapid assistance during an unforeseen crisis. Provides funding for food and perscriptions			
	Health & Wellness	Improve quality of life			
Doc's Nursing Jobs Inc	Transportation	Provide Medical transportation services. These include wheelchair and geriatric care transportation, doctors appointment, nursing assistance escort, etc	n/a	(240)-848-3161	http://www.medicaltransportandnursing.com/transport.htm
Driving Mom and Dad	n/a	Personalized transportation for seniors	n/a	(240)-223-2418	http://www.drivingmomdad.com/
Exact Enterprises Inc	Transportation Service	Provides transporation to doctors and clinic appointments, meetings, rehab, etc	11200 Lockwood Drive Suite 118 Silver Spring, MD 20901	(301)-431-2227	http://www.exactentinc.com/
Holiday Park Multi-Service Senior Center	Senior Center	Health and wellness lectures, travelogues, managing your finances, and musical performances, nutrition, health counseling, use of exercise equipment	3950 Ferrera Dr Wheaton MD 20906	(240)-777-4999	http://www.holidaypark.us/about.php
	Legal Services	Legal services such as Medicare, public housing, services for homebound			
	Hearing Assistive Device Center	Check new hearing equipment			
Holy Cross Health	Seniors Emergency Center	Care for non-life threatening emergencies	1500 Forest Glen Road, Silver Spring, MD 20910	301-754-7000	http://www.holycrosshealth.org/
	Seniors Surgery Center	Surgical care dedicated to seniors		301-557-6000	
	Senior Inpatient Services	Acute care	Senior Source Health and Wellness Programs	301-754-8800	
	Home based care	Error, no description provided			
	Fitness and Wellness	Wellness education, exercise programs, classes, day center with support			

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	Disease Prevention and Management	Education, preventive health classes, fitness and bodywork, disease management and exercise			
	Family and Caregiver Resources	Expert advice to understand needs of elderly, access to support services			
	Senior Fit	Chronic disease management, regularly scheduled fitness classes			
	Better Bones	Exercise program for osteoporosis			
	Stanford University Disease Self-Management/Living Well	Connects groups of people with different chronic conditions, eg people with diabetes to provide information on how to manage disease			
	Clinical program on Pulmonary maintenance	Clinic on various lung related ailments such as COPD			
	Geri-yoga	Yoga class for older people			
	Baby boomer boogie	Dance based cardio class for older people			
	Senior Source	Zumba, yoga, lectures, boogie classes, meditation, various classes			
Hospice Caring Inc	Non-medical Hospice Services	Provides practical and emotional support to terminally ill children and adults. Services include: support, companionship, assistance with household tasks, transportation	518 S Frederick Ave Gaithersburg MD 20877	(301)-869-4673	http://www.hospicecaring.org/home.html
	Volunteer Helping Hands	Provide practical and emotional support to patients and families facing life limiting illness			
Hospice and Palliative Care Network of Maryland			201 International Circle, Suite 230 Hunt Valley, MD 21030	(410)-891-5741	http://www.hnmd.org/

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Housing Opportunities Commission	Independent Living Communities	<p>Independent Living in Public Housing Communities</p> <p>HOC has 555 public housing units located in 3 buildings designated for elderly residents and persons with disabilities. Applicants to these buildings must come through the HOC public housing waiting list. These apartment communities are conveniently near transportation and shopping. Each building has a community room, laundry facilities, and some recreational activities. Apartments have individually controlled heat and air conditioning and full kitchens. A single HOC public housing application for housing will place you on the waiting list for these three properties.</p>	10400 Detrick Ave., Kensington MD 20895	(240)-627-9400	http://www.hocmc.org/extra/2-uncategorised/142-housing-for-seniors-elderly.html
		<p>Due to long waiting lists for public housing, HOC's list is not accepting new applicants. For an update on the current status, check the home page of HOC's website. If the list is going to open to new applicants, information will be posted online. Or, you may call 240-627-9789. A recording will announce the status of HOC's waiting lists.</p>			

Iona	Helpline	Answer questions and connect to resources. Provides information on other services offered	4125 Albemarle Street N.W. Washington DC DC 20016	(202)-895-9448	https://www.iona.org/
	Family Consultation and Support	Proivde social workers and nurse care managers to advise familieson issues such as if a senior should remain at home, how to manage health issues, referrals, etc			
	Care Management and Help at Home	Care managers to create care plan to manage senior at home			
	Adult Day Services	Care and engage adults with Alzheimer's, Parkinson's, stroke, or other chronic illness. Provide activities			
	Counseling and Support Groups	Social workers who help cope with emotional difficulties			
	Exercise and Fitness	Offer fitness classes			
	Legal Assistance	Legal Counsel			
	Loan Closet	Free items to use such as wheelchairs and grabbers			
	Active Wellness				
	Take Charge Age Well Academy	Learn to navigate opportunities and challenges of aging, emphasis on aging in place			
	Arts				

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Special events		Workshops and activities			
Jewish Council for the Aging (JCA) of Greater Washington	Selma Sweetbaum Senior Satellite Programs	Includes current events discussion, exercise classes, chorus.	6125 Montrose Rd, Rockville MD 20852	(301)-881-0100	jccgw.org
	Coming of Age in Maryland	Activities include theater, museums, lectures, performances, “Food and Fun” restaurant outings that feature a game component, an annual health and wellness expo and more	Misler Adult Day Center, 1801 East Jefferson Street, Rockville MD 20852	(301)-468-1740	
	The Albert and Helen Misler Adult Day Center	Provides stimulating activities, socialization and nursing supervision for older adults with physical, cognitive or emotional challenges. Services include door-to-door transportation and hot kosher lunches.			
	Senior HelpLine and HomeCare Resource Center	Find senior services such as home care, housing, job training, etc			
	Gorlitz Social Day Program	Provides camaraderie and coping skills for those in early stages of diagnosed memory loss. Cognitive and physical activities			
	Caregiver Support Groups	Facilitate support groups where caregivers share experiences and learn from each other			
	Heyman Interages Center	Volunteers of 50+ tutor and mentor students from pre-k through high school			
	JCA University and Speakers Bureau	Provides training and informational presentations to a wide range of audiences such as older adults, caregivers, community groups			
	Career Gateway	Multi-day workshop for 50+ jobseekers. Includes training, attention, materials for take home, and a mentor			
	Senior Community Service Employment Program	Provide on the job training for low income adults age 55+			
	50+ Employment Expos	Network older jobseekers with area employers and learn new strategies			
	WorkSource Montgomery	Learn about SCSEP eligibility and job search resources			
	SeniorTech Computer Training	50+ learn basics of computers like Windows, word processing, email, social media, and how to use smartphones, and more			
	Connect-A-Ride	Information and mobility specialists provide free information and referrals to help people find transportation			

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	Door-to-Door Buses	Buses take seniors to adult day programs, senior centers, and other destinations. Groups can book buses for trips throughout DC			
	Escorted Transportation	Arrange escorted transportation to medical appointments, grocery stores, and other destinations			
	Ride Smart Workshops	Learn how to use public transportaton in classroom setting and group outing			
Jewish Social Services Agency	Counseling Services	Address mental health concerns such as life transitions, decision making, caregiving, illness, grieving	200 Wood Hill Road Rockville, MD 20850	(301)-838-4200	https://www.jssa.org/
	Decisions, Decisions	Assessing needs and connect to resources such as lifestyle and where to live	6123 Montrose Road Rockville, MD 20852	(301)-881-3700	
	Caring Collaborations	Care planning and service coordination			
	Help at Home	Support aging in place with housekeeping, personal care, transportation, kosher home delivered meals			
	Brenner Escorted Door to Door	Escorted door to door transportation			
	Staying on the Go	Raise awareness and discussion about planning for when driving is not an option			
	Social Programs	Includes bringing new seniors together, classes, mobile university			
	Financial Consultations	One stop shop to recevie referrals and assistance			
	Care Coordination	Care management, assisting with medical appointments, communication, home delivered meals, home repair, medical needs, socialization, shopping and errands			
	Psychiatric Services	Psychiatric consultation and treatment			
LifeEchoes	Program 1 Legacy	Complete LifeEchoes book	7401 Westlake Terrace Suite 504, Bethesda MD 20817	(240)-403-7603	http://www.lifeechoes.net/index.php
	Program 2 Testing the Waters	Mini book that includes one story and 3 photographs			
	Program 3	Editing, formatting, and publishing			
Lifelong Learning Institute at Montgomery College	Osher Lifelong Institute	Classes on Archaeology/ World Cultures, Art and Art History, Careers & Employment for 50+, History and Current Events, Literature and Writing, Music, Personal Enrichment, Personal Finance, Photography, and Wellness	51 Mannakee St, Rockville, MD 20850	(240)-567-5188	http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning.html

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	Information Technology Institute	Base of classes in computer technology			
	World Languages	Language classes			
	Health Science Institute	Offered for seniors who want to retrain for certification			
	Performing arts centers	available to all members of Montgomery College			
LifeMatters	HomeCare	Provide companionship, grooming, transfers, housekeeping, bed making, assistance, medication reminders, nutrition planning, transportation, etc	7768 Woodmont Avenue, Suite 200, Bethesda, MD 20814	(301)-652-7212	http://lifemattersusa.com/
	Skilled Nursing	Staffed registered nurses, social workers, other clinical experts, medication, wound care, diabetes management	7531 Leesburg Pike, Suite 101, Falls Church, VA 22043	(800)-293-8973	
	Disease Specialties	Trains caregivers to manage diseases such as Alzheimer's Parkinson's, ALS, MS, diabetes, etc		(571)-282-2600	
	FlexCare	Certified nursing assistants help with shopping, errands, transportation, meals and hygiene, geriatric care for seniors living in assisted living and nursing homes			
	Corporate Employer Benefits	Assisting employees with supporting acitivites of daily living to help caring for a loved one			
	Care Management	Referral to social workers and registered nurses to help find services and information			
LivHome	Caregiving	Pair elderly client with caregiver to provide bathing, dressing, grooming, companionship, errands, transportation, medical oversight	9081 Shady Grove Court, Gaithersburg, MD 20877	301-438-0630	http://www.livhome.com/
	Care Management	Professional Geriatrtric Care			
	Alzheimer's and Dementia	Care managers for patients with dementia or alzheimer's			
	Companion Program	Teams adults and seniors with similar interests and life experiences to provide social interaction			
	Long Distance Home Care	Caring for parents at distance			
Mana Food Center	Food for Families	Provides supplemental food to families every 30 days	9311 Gaither Road Gaithersburg, MD 20877	(301)-424-1130	http://www.mannafood.org/

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	Serve Food for Agencies	Provide food for smaller organizations that provide food directly to consumers. Includes hot meal programs and food pantries			
	Nutrition Classes	Offers low income grocery shoppers asistance to teach people price comparison and nutrition label reading			
	Breaking Bread	Create space and conversation to nurture dialogue about race, class, culture of dependency, etc that create or contribute to hunger			
Maryland Care	Social Services	Assist with personal and adjustment problems for members of care. Guidance in using social services, financial assistance, county and state programs, counseling, support groups	4703 Old Soper Rd. Suite #1 Camp Springs, MD 20746	(240)-716-3649	http://marylandcare.us/index.html
	Engaging Activities	Activities include field trips, board games, entertainment, etc			
	Nursing Oversight	Provide full time nursing staff			
	Transportation Services	Arrange or provide transportation for members to locations and medical appointments			
	Dietary Services	Provide meals and consulting			
	Salon & Spa	In house beauty parolor and personal hygiene			
	Rehabilitation services	Exercise and physical therapy			
Maryland Department of Aging	Senior Assisted Living Group Home Subsidy Program	For low and moderate income seniors, provides access to assisted living in small group homes. The subsidy supports the cost of services provided in assisted living, including meals, personal care and 24-hour supervision for elderly residents who are frail and unable to live independently.	301 West Preston Street Suite 1007, Baltimore, MD 21201	(410)-767-1100	http://www.aging.maryland.gov/SeniorGrpHomeSubsidy.html
	Senior Care Program	The Senior Care System provides case management and funds for services for people 65 or older who may be at risk of nursing home placement. Senior Care allows seniors to live with dignity and in the comfort of their own homes and at a lower cost than nursing facility care. Senior Care provides a comprehensive assessment of an individual's needs, a case manager to secure and coordinate services, and a pool of gapfilling funds to purchase services for individuals who meet program eligibility requirements. Services may include personal care, chore service, medications, medical supplies, adult day care, respite care, home delivered meals, transportation, and emergency response systems.			

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	Congregate Housing Services Program	Support and subsidizedaily help with activities such as meals, housekeeping, and personal services.			
	State Health Insurance Program	Counselors provide assistance in the following general areas: Medicare Prescription Drug Coverage Program (Medicare Part D), Medicare supplements (Medigap Plans), Assistance for disabled Medicare beneficiaries (under age 65), Medicare Advantage Plans (HMOs, preferred provider organizations), Long Term Care Insurance, Medical Assistance programs, Assistance for low-income beneficiaries, Assistance with			
Maryland Department of Disabilities	Attendant Care Program	The Program provides financial reimbursement to supplement individuals' costs of attendant care services. Services may include in-home assistance with personal care, chore services, and transportation.	217 East Redwood Street - Suite 1300 Baltimore, MD 21202	(800)-637-4113	http://mdod.maryland.gov/acp/Pages/Attendant-Care-Home.aspx
Maryland Department of Health and Mental Hygiene	Community First Choice	Program provides community services and supports to enable MD residents who need support with activities of daily living. Services include: Personal Assistance Services, Emergency response, technology, environmental assessment, accessibility, consumer training, transition services, nurse monitoring, home meal delivery	201 West Preston Street, Baltimore MD 21201	(410)-767-6500	https://mmcp.dhmh.maryland.gov/longtermcare/sitepages/community%20first%20choice.aspx
		Program provides community services and supports to enable older adults and people with physical disabilities to live in their own homes. Services include: personal assistance, emergency response, technology, environmental assessment, consumer training, support planning, transition, home delivered meals, pharmacy, hospital care, mental health services, etc.			
Maryland Department of Housing and Community Development	Accessible Homes for Seniors	Zero-interest loans and grants forhome modifications/ improvements are given to eligible seniors	78000 Harkins Rd, Lanham, MD 20706	(800)-638-7781	http://dhcd.maryland.gov/Pages/default.aspx
Mental Health Association of Montgomery County	Friendly Visitor	Friendly Visitor matches volunteers age 21 and over with elderly clients within the community who are isolated and lonely. Visits may include opportunities to play board games, cook, read, watch the news or chat about current events.	Mental Health Association of Montgomery County 1000 Twinbrook Parkway Rockville MD 20851	(301)-424-0656	http://www.mhamc.org/html/index.html

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Representative Payee

Representative Payee volunteers assist low-income, disabled Montgomery County residents manage their government benefits.

**Metrobus - Washington
Metropolitan Area
Transit Authority
(WMATA)**

n/a

Fixed bus route service runs within the District of Columbia, Suburban Maryland, and Northern Virginia. Most bus routes are accessible. All buses are accessible and have either a low floor ramp or are lift-equipped. Operator will call for another bus if lift fails.

Seniors and people with disabilities who require accessibility features to use public transportation may be eligible to ride at a discounted rate. Fare for seniors and people with disabilities is 85¢ for regular routes and \$2.00 on express routes. Senior citizens may ride for half the peak fare on Metrorail.

Washington Metropolitan
Area Transit Authority
600 5th Street, NW
Washington, DC 20001

(888)-762-7874

<http://www.wmata.com/?forcedesktop>
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**Montgomery County
Commission on Aging**

Senior Nutrition Programs

Mobility Manager - Transportation Program

Village Manager- Village Program

Nurse Monitoring Programs - Nurse Manager

Health Promotion Programs

AERS Evaluations - Nurse Manager

Ombudsman Program

Group Home Subsidy Program

Aging and Disability Resource Unit

Support Planning Agency

Caregiver Support Coordinator

Senior Care

<http://www.montgomerycountymd.gov/HHS-Program/ADS/COA/COAindex.html>

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Montgomery County Department of Health and Human Services	401 Hungerford Drive, Rockville, MD 20850	(240)-777-3000	http://www.montgomerycountymd.gov/hhs/programindex/seniorservicesindex.html
Adult Foster Care	Provides supervised housing and assistance for disabled adults. Also provides case management and subsidies		
Adult Protective Services	Investigates allegations of abuse, neglect, and exploitation		
Adult Public Guardianship	Provides surrogate decision making for disabled adults adjudicated as incapacitated. Also provides case management		
Abused Persons Program	Provides crisis and ongoing counseling, shelter, and support services to victims of partner related domestic abuse		
Victim Assistance and Sexual Assault Program	Assists victims of crimes such as rape, homicide, car jacking, hate crimes, etc. Provides information, referral, advocacy, crisis counseling, and support		
Family Caregiver Program	Provides information and referral to caregivers about available services, assists in accessing services		
Individual and Family Support	Monitors funding provided for family and individual support services with developmental disabilities		
Respite Care	Provides short term relief to unpaid life-in caregivers/families		
Medicaid Long Term Care	n/a		
Rental Assistance Program	Assists individuals with rental costs		
Senior Group Home Subsidy	Pays portion of cost for clients to live in senior group homes		
Social Services to Adults	Provides short term case management		
Senior Care Assistance/Subsidy Program	Has funds to supplement cost of Adult Day Care, medication, personal care, transportation, home delivered meals, co-payments, medical supplies, etc		
Utility Assistance Program	Helps low income residents pay heating and utility bills		
Dental Services: Adult	n/a		
Mental Health/Substance Abuse Screening and Referral	Provides assessment and linkages for low income persons who need services for major mental health and/or substance abuse problems		
Senior Mental Health Program	Outreach mental health services for seniors		
Outpatient Addiction Services	Delivers care to individuals with mental health and substance abuse symptoms		

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Senior Nutrition Program	Provides meals in group settings for seniors, nutrition education. Refers seniors to Meals on Wheels
Adult Evaluation and Review Services	Comprehensive evaluations to identify available services to help individuals remain in the community
Long Term Care Ombudsman Program	Maintains presence and access to services for residents of nursing and assisted living facilities. Advocates for long term care residents
Home Care/Aide Services	n/a
Community First Choice	Residents who need support with activities of daily living like bathing, grooming, and dressing

Montgomery County Department of Transportation	Call-n-Ride Program	This Montgomery County program provides subsidized taxi trips for low-income persons with disabilities and seniors.	101 Monroe St, 5th Floor, Rockville, MD 20850	(301)-948-5409	http://www.montgomerycountymd.gov/DOT-transit/seniors.html
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Montgomery County Recreation	13 "55+ Active Adult Programs"	An Active Adult Program meets in a Community Center, two days per week, has fewer rooms available for activities and is staffed by a program director and a nutrition manager. Some programs offer a lunch program and limited curb-to-curb transportation.	3950 Ferrara Drive, Silver Spring	(240)-777-4999	http://www.montgomerycountymd.gov/rec/where/seniors/
	Holiday Park Senior Center	variety of social and enrichment programs, including literature and writing classes, discussion groups, card and board games, and special interest seminars and trainings. Those interested in keeping up with today's technology can visit the computer lab that offers on-going training.. On the health front, many fitness classes are offered in our exercise room. Most exercise classes, including aerobics, bone building, yoga and tai chi require pre-registration, but repeat on a 6-10 week cycle so that newcomers can quickly join our programs. Many people utilize the health clinic where a registered nurse is on duty Tuesday/Thursday from 9:00 AM - 12:30 PM and Wednesdays 9:00 A.M. - 3:00 P.M. to discuss health concerns. There are numerous drop-in programs. Drop-in activities include health and wellness lectures, travelogues, managing your finances, and musical performances, just to name a few.	9701 Main Street, Damascus	(240)-777-6995	http://www.montgomerycountymd.gov/rec/where/seniors/

Inventory of Existing Services provided to people aged 60 and older

Damascus Senior Center	<p>The Center offers a wide range of activities and amenities that are available to seniors, including entertainment, an excellent array of movies, informational speakers, dances, theme events and wellness journeys to improve your overall physical and mental health. All of our programs are sponsored by the Damascus Senior Center Sponsors, Inc.</p> <p>We seek to be a warm and joyful place to visit, socialize, exercise, learn and enjoy! See our monthly newsletter for a complete listing of events offered.</p>	8700 Piney Branch Road, Silver Spring	(240)-777-6975	http://www.montgomerycountymd.gov/rec/where/seniors/
Long Branch Senior Center	<p>social opportunities, health and wellness programs and lifelong learning. A nutritious lunch is served at the center Monday through Friday at 1:00 pm. Reservations may be made in person or by calling two days in advance. The full cost of the meal is \$5.92.</p> <p>file:///rtifile02/SrCitizensNeedsAssess/Inventory%20of%20Existing%20Services/longbranchseniorcalendar.pdf</p>	1000 Forest Glen Road, Silver Spring	(240)-777-8085	http://www.montgomerycountymd.gov/rec/where/seniors/
Margaret Schweinhaut Senior Center	<p>The Center offers a wide range of activities and amenities that are available to seniors, including entertainment, an excellent array of movies and travelogues, informational speakers, dances, theme events and wellness journeys to improve your overall physical and mental health. The community partnerships with Holy Cross and Suburban Hospitals along with numerous local non-profits and businesses allow the Center to broaden its programming and reach out to the community in a positive way.</p>	1700 April Lane, Silver Spring	(240)-777-6940	http://www.montgomerycountymd.gov/rec/where/seniors/
White Oak Community Recreation Center (Looks like it's also referred to as White Oak Senior Center)	<p>provides a variety of activities and experiences for all ages including open gym activities, classes, programs, and special events.</p>			
Recreation Centers	<p>Montgomery County has 20 recreation centers with convenient locations, hours and diverse amenities and programming. Montgomery County Recreation has plenty of facilities that provide activities for children, teens, and adults, and may include programs for seniors and individuals with disabilities. Activities typically include classes, workshops, clinics, drop-in programs, supervised play, sports, open gym, crafts and special events. Some centers have exercise/weight rooms, billiards and game</p>			

Inventory of Existing Services provided to people aged 60 and older						
	Senior Fit	hese free classes help participants to improve strength, endurance, and flexibility.				
	Senior Shape	enior Shape is a partnership between Suburban Hospital and Montgomery County Recreation. These classes provide strength, flexibility, and aerobic exercise training.				
My Adaptable Home	Independent and Assisted living	Install items such as grab bars, shower benches, tub modifications, handheld showers, etc	n/a	n/a	http://www.myadaptablehome.com/	
My Pillar Healthcare	Activities of Daily Living	Ambulation, grooming, dressing, assitance, respite care, medication pickup, errands, companionship, housekeeping, general home care	n/a	(240)-389-2606	http://mypillarhealthcare.com/	
NIFLO Home Health Care	Non-medical home care	Includes personal care, grooming, companion care, respite, and training	20358 Mill Pond Terrace Germantown, Maryland 20876	(301)-812-4399	http://www.nifloserve.com/	
	Skilled Nursing	Registered nurse assessment and evaluation. Creation of personalized treatment and care plan. Basic nursing, pain maangement, vaccinations, post op, intravenous therapy		(888)-909-9730		
	Physical Therapy	Help cope with injury, orthopedics, coordination, flexibility, post and pre surgery,work related injuries				
	Occupational Therapy	Focus on restoring mobility, assist with daily activities, education, fall prevention				
	Speech Therapy	Help with swallowing difficulties, stroke, hearing impairment, voice disorders, speech impairment, memory problems				

Inventory of Existing Services provided to people aged 60 and older

	Home Health Aide	Works under supervision of RN to provide home care such as bathing, meal preparation, light housekeeping, mobility assistance			
Osher Lifelong Learning Institute at Johns Hopkins University	Osher Lifelong Institute	Educational programs: in history, science, literature, religion, art, music, philosophy, economics and etc	Montgomery County Campus 9601 Medical Center Drive Rockville, MD 20850 <i>classes offered on Tuesdays, Wednesdays and</i>	(301)-294-7000	http://advanced.jhu.edu/academics/non-credit-programs/osher-lifelong-learning-institute/
	Osher Lifelong Institute	Educational programs: in history, science, literature, religion, art, music, philosophy, economics and etc	Ingleside at King Farm 701 King Farm Blvd Rockville, MD 20850 <i>Classes are offered on Fridays</i>	(240)-499-9015	http://advanced.jhu.edu/academics/non-credit-programs/osher-lifelong-learning-institute/
Potomac Home Health Care	Skilled Nursing	Registered nurse performs nursing assessment and develops plan of care. Provides basic coordination and services	6001 Montrose Road Suite #301 Rockville, MD 20852	(301)-896-6999	http://www.phhc.org/
	Infusion Therapy	Comprehensive infusion services including hydration, antibiotics, chemotherapy, etc			
	Mental Health	Psychiatric care			
	Medical Social Work	develop and implement plan of care by assessing social factors			
	Physical Therapy	Assesses functional level and develops rehabilitation program			
	Occupational therapy	Assess ability to perform daily living activities and develop specific program to maximize safety and independence			
	Speech Language Therapy	Assesses and treats speech, language, swallowing disorders			
	Home Care Aide	Assist patient with personal care like bathing, dressing, meal preparation, walking			
	Dietitian	Assess patient nutritional needs and develop program to assist in meeting said needs			

Inventory of Existing Services provided to people aged 60 and older

Regent Healthcare	Companion Care	Respite and family relief, companionship, games, medication reminder, diet and eating, shopping and errands, transportation	1344 Ashton Road Ste 201, Hanover, Maryland 21076	(410)-872-0310	http://www.regenthealth.com/
	Personal Care	Transferring and mobility assistance, restroom, bathing and showering, personal hygiene, Alzheimer's and Dementia Care			
Respite Services of Montgomery County	Respite Services	Respite Services of Montgomery County can help families find the most appropriate provider. Financial subsidies are available for qualified individuals and families.	11600 Nebel Street, Suite 150 Rockville MD 20852	(301)-816-9647	http://respiteservices-mc.org/
Ride On Bus- Transit Services- Montgomery County Department of Transportation	n/a	Ride On buses are free Monday through Friday, 9:30 a.m. to 3:00 p.m. for seniors and people with disabilities. Seniors must be 65 years or older and have a valid Metro Senior ID card or Senior SmarTrip® Card or a valid Medicare card and photo ID.	Montgomery County DOT Division of Transit Services 101 Monroe Street, 5th floor, Rockville, MD 20850 Rockville, MD 20850	(240)-777-0311	http://www.montgomerycountymd.gov/dot-transit/index.html
Rockville Meals on Wheels	Meals on Wheels	Serves homebound elderly, convalescing and persons with disabilities who are unable to prepare meals for themselves. Volunteers deliver attractive, healthy meals each weekday morning (Monday - Friday). Two meals are delivered -- a ready-to-eat hot meal for lunch and a cold meal for dinner.	1605 Veirs Mill Road, Rockville, MD 20851	(301)-340-1559	http://www.rockvillemealsonwheels.org/
Rockville Senior Center	Senior Support Services		1150 Carnation Dr Rockville MD 20850	(240)-314-8800	http://www.rockvillemd.gov/index.aspx?NID=939
	Registration	All class, programs and special event senior registrations, serves as Main information Desk Coordinator for Senior Services			
	Facility	Marketing, Center Membership Program, Office Manager, Rental Program			

Inventory of Existing Services provided to people aged 60 and older

Support Services	Supervisor for Outreach , Counseling, Transportation, Lunch Program, Call and Ride Program, Computer lab, Home Maintenance Program, Positive Aging Grant Program
Senior Recreation, Classes and Trips	Senior Special Events, Day and overnight trips, Lectures, Recreation classes
Senior Sports and Fitness	Supervisor for Sports Leagues, Drop in play, Bocce and Table tennis, Fitness Classes, Fitness Special Events, Fitness Memberships
Outreach	Works one on one with seniors who need information, referral and assistance. Individualized Assistance, Home and Hospital visits, Emergency Financial assistance, Financial Assistance for Senior Center Activites, Trips, classes and events.
Outreach	Works one on one with seniors who need information, referral and assistance. Individualized Assistance, Home and Hospital visits, Emergency Financial assistance, Financial Assistance for Senior Center Activites, Trips, classes and events. Coordinates Senior Hispanic Activities.
Wellness	Works with seniors to indentify Health Problems, Find doctors, gives health counseling advice. Health Eduction, Body Comp Screenings, Medical Equipment loan closet, Support Groups, Resource Library Plans Health and Wellness Fairs, Blood pressure program, Health lectures on a variety of topics.
Home Maintenance	Works with City Seniors To identify home maintenance issues, refers contractors, and will walk through home maintenance issues with the contractors at senior homes. Snow Removal program, and Water Conservation Program installing water efficient toilets in low income senior homes.
Congregate Meal Program	Daily lunch program (one time a week Chinese)
Montly Evening meal	n/a
Financial Assistance	n/a
Transportation	Subsizdized taxi coupons, bus services to go shopping
Snow removal assistance	n/a
Computer and Technology assistance	n/a
Citizenship classes	n/a
English as a second language	n/a

Inventory of Existing Services provided to people aged 60 and older

	Clubs	Young in Hearts, Red Hats, Willing 3 C's, independent clubs that do their own activities			
	Drop in	Various drop in opportunities like Bocce, games, cards			
	Montly birthday parties	n/a			
Senior Connection	Senior Rides transportation	Escorted transportation	3950 Ferrara Drive Silver Spring, MD 20906	(301)-962-0820	http://www.seniorconnectionmc.org/
	Pantry fillers grocery shopper	n/a		(301)-942-1049	
	Money Monitors bill paying	n/a			
	Bill Paying/ Paperwork Program	Volunteers help seniors manage monthly income and expenditures; assist with paperwork related to bill paying; and prepare checks for their signature.			
	Grocery Shoppers Program	Grocery shopping on behalf of or accompanying client			
	Transportation Program	Senior Connection provides transportation services to seniors 62 and over using volunteer drivers who escort passengers primarily to medical appointments and, when possible, to other places.			
Senior Helpers	Companion Care	Companionship, caring, conversation, help with hobbies, general shopping and errands, transportation	1966 Greenspring Drive, Suite 507 Timonium, MD 21093	(800)-760-6389	http://www.seniorhelpers.com/
	Alzheimer's and Dementia Care	Customized care plans, stimulate memory, patient monitoring, communication, activities			
	Housekeeping	Laundry, cleaning, meal prep, washing dishes			
	Personal Care	Personal hygiene assistance, medication reminders			
	Care Management and Evaluation	Attend physician appointment, referral services, home improvement and medical supplies, emotional support			
	Surgery Assistance & Sitter	Monitor elderly while in hospital or nusring home			
	Wellness Watch	Semi monthly visits include companion care			

Inventory of Existing Services provided to people aged 60 and older

StarCare	Caregivers	In-home caregivers provide assistance such as personal care, dressing, bathing and grooming, light housekeeping, shopping and errands, transportation, etc	199 E Montgomery Ave, Suite 100 Rockville, MD 20850	(240)-499-8580	http://www.starmedicalstaffing.com/
	Skilled Nursing	Professional nurses who help with medication management, wound care, chronic illness management, disease management, etc			
Senior Transportation Service	Transportation	Provides rides to medical appointments, errands, personal outings, etc	n/a	(240)-855-6355	http://www.seniortransportationservice.com/
Senior Connection	Senior Rides	Provides free escorted transportation to seniors	3950 Ferrara Drive, Silver Spring, MD 20906	(301)-962-0820	http://www.seniorconnectionmc.org/
	Pantry Fillers	Grocery shopping			
	Money Monitors	Bill pay and paperwork			
St Raphael's Catholic Church	Society of St Vincent DePaul	Assists individuals that are in financial crisis, such as making rent or utility bills	1513 Dunster Road Rockville, MD 20854	(301)-762-2143	http://www.straphaels.org/
	Labor of Love	Knit and crochet group who also provide support for other organizations in the church			
	Advent Giving Tree	Help provide Christmas gift for people, many are seniors in shelters			
	Respect for Life Committee	Group of members who advocate, such as around physician assisted suicide			
	Bereavement Ministry	People find healing through faith after loss of a loved one			
The Support Center of Family Services Inc	Adult Medical Day Program	Full care model for patients who do not need institutional care but are not capable of full time independent living	610 E. Diamond Avenue, Suite 100 Gaithersburg, MD 20877	(301)-840-2000	http://www.fs-inc.org/services/programs/support-center
	Medical and Health Services	Provided by Registered Nurses	8643 Cherry Lane Laurel, MD 20707	(301)-549-3602	

Inventory of Existing Services provided to people aged 60 and older

	Nutrition Plans	Developed for patients			
	Social Work/Case Management	Overseen by social worker			
	Physical Therapy	Avialable as ordered by physician			
	Therapuetic Recreational services	n/a			
	Transportation	To and from center, depending on location			
	Daily activities	Encourage social interaction such as walking groups, sensory stimulation, field trips, musical performances, pet therapy			
Synergy Home Care	Home Care Services	Includes Care Management, personal assistance, errands & transportation, meals, housekeeping, companionship, live in care	11140 Rockville Pike Suite 400 Rockville, MD 20852	(301)-200-9292	http://www.synergyhomecare.com/agencies/md/rockville/md06/
	Senior/Elder Care	Provide personal assistance, transportation, housework, meal prep, managing finances, in home care			
	Respite Care	Allow caregiver to take temporary reprieve			
	Recovery Assistance	Provide help with patients returning home from hospital			
	Care Management	Transportation, attend doctors appointments, monitor client, special dietary needs			
Transport-U	Transportation	Provide drivers to take patients to medical appointments, cultural events, shopping, doing errands, etc	PO Box 10292 Gaithersburg, MD 20898	(240)-475-7568	http://www.transportu.com/services.html
Trusted Touch	In Home Healthcare	Assessments, health care aide, companionship, day surgery, pharmacy support, certified nursing, live in caregiver	11900 Parklawn Dr, Suite 150, Rockville MD 20852	(301)-272-5140	http://www.trustedtouchcares.com/home-healthcare-services/
	Personal Care	Chronic disease care, dementia patient care, azlheimer patient care, meal preparation, medication management, light housekeeping, toilet care, transportation, respite care		(571)-723-3126	
University of Maryland College Park	Golden Identification (Golden ID) Program	Classes students are charged part-time undergraduate student fees, less the health, student activities, and athletic fees.		(301)-314-8219	http://registrar.umd.edu/current/registration/golden-id.html

Inventory of Existing Services provided to people aged 60 and older

Van Derhoof Physical Therapy	Home based rehab	Provides evaluation and individualized treatment plan including fall prevention, cardiac rehab, pain management, client education, sports medicine, etc	n/a	(202)-489-4762	http://www.vanderhoofpt.com/
Villages of Rockville (Residential facility)	Adult Protective Services	Social workers and nurses respond to concerns about at risk adults	9701 Veirs Drive, Rockville, MD 20850	(866)-710-7884	http://www.thevillageatrockville.org/
	In-Home Care	Personal care like bathing and dressing and helping around house			
	Health and Mental Health	Access to insurance providers like Medicare and Medicaid. Referral for mental health services			
	Respite Care	Short term breaks for caregivers of adults			
	Support for Family Caregivers	Education, support, resources for people caring for a loved one			
	Food/Nutrition	Senior lunch program including American, Chinese, Kosher, and more. Home delivered and grocery delivery			
	Financial Assistance	Providing financial assistance or tax credits			
	Transportation	Includes discounts, escorts, and accessible transportation			
	Housing	Information about housing options			
	Other	Referrals for adult day care, legal services, home modifications, hospice			
Visiting Angels	Home Care Services	Grooming, dressing, walking, meal prep, housekeeping, errands, shopping, medication assistance, companionship	971 Russell Ave, Gaithersburg, MD 20879	(301)-355-6578	http://www.visitingangels.com/
	Elderly Companion Care	Meal preparation, housekeeping, errands, shopping, housekeeping	804 Pershing Dr #110, Silver Spring, MD 20910		
	Personal/Private Duty Care	Provide home aides and services to remain independent			
	Social Care	Teach seniors to use modern technology like cell phone and email to stay connected. Basic Internet skills			
	Dementia Care	Customized care for patients with dementia			
	Alzheimer's Care Services	Help maintain independence and daily routines			
	End of Life	Provide caregivers with information needed to support families through end of life decisions			
	Read-Set-Go Home	Avoid hospital readmission			

